

UNBLEMISHED YOUTH (Bedaagh Jawaani)



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MASTURBATION: ZINA WITH ONESELF

Masturbation is the stimulation of one's own sex organ in order to reach climax, a sin that many young people get embroiled in early in their youth. They do not realize that in thus satisfying their lustful wishes, they are actually wasting the gift of life, and open themselves up to sicknesses for the rest of their lives. Allah ﷻ says in the Holy Quran:

قُلْ لِّلْمُؤْمِنِينَ يَغُضُّوا مِنْ أَبْصَارِهِمْ وَيَحْفَظُوا
فُرُوجَهُمْ ذَٰلِكَ أَزْكَىٰ لَهُمْ إِنَّ اللَّهَ خَبِيرٌ بِمَا
يَصْنَعُونَ

Say to the believing men that they should lower their gaze and guard their modesty: that will make for greater purity for them: And Allah is well acquainted with all that they do. (24:30)

This verse commands us to guard our modesty and private parts. Young people who engage in masturbation knowingly or unknowingly take themselves outside of the order of this verse, and consequently, out of the fold

of the people whom this verse is addressing. Elsewhere, the Holy Quran states:

فَمَنْ ابْتَغَىٰ وَرَاءَ ذَلِكَ فَأُولَٰئِكَ هُمُ الْعَادُونَ

But those whose desires exceed those limits are transgressors.

(23:7)

Sexual desire is natural and therefore Allah ﷻ has given us legal and permitted ways of satisfaction. If someone fulfills his desires in a prohibited way, then he enters into the fold of people who break Allah's ﷻ commands.

PUNISHMENT OF MASTURBATION IN THE *HADITH*

Allamah Āllusi ؒ has written in his *tafsir* (explication), the paraphrase of a *hadith* by various scholars:

Those who do zina with their hands are accursed – Allah ﷻ will punish the nation whose people use their private parts in unlawful ways such as jerking. On the Day of Judgment, a nation will come forth whose people's hands will be pregnant.

Allama Allusi ؒ said that it is his opinion that those people will be those who masturbate and take out their semen with their hands.

The Messenger of Allah ﷺ said:

There are seven types of people that Allah ﷻ will neither look upon with mercy, nor purify nor raise with the scholars but gather them with those who will be entered into Hell. If only they would repent, for Allah ﷻ is merciful to those who repent.

- 1) *The one who masturbates.*
- 2) *The doer (of an evil act).*
- 3) *The willing recipient (of an evil act).*
- 4) *The drunkard.*
- 5) *One who physically abuses his parents so that they scream.*
- 6) *One who mistreats his neighbors so badly that they curse him.*
- 7) *One who misbehaves with his neighbor's wife or female neighbor.*

DETRIMENTS OF MASTURBATION

The following are just a few detriments of masturbation to the human body.

- The natural glow and radiance of the face recedes and is replaced by a bland, withered look with dark circles under the eyes.
- The body slows down because of reduced energy and such people hence always prefer inactivity to

activity and so they become lazy and the body deteriorates even further due to inactivity. In addition, they make excuses to avoid all sorts of work and life thus becomes a downward spiral.

- The person begins to lose weight with lack of exercise and loss of energy, and thus the young man starts to appear old very quickly, eventually becoming so emaciated that he looks like a skeleton. Inactivity and weight loss results in poor circulation and so the body shakes during any kind of activity, resulting in balance problems and poor hand-eye coordination. If this cycle is left unchecked, it can negatively affect internal body systems such as the digestive and urinary tracts and lead to infections.
- Ultimately if negative habits are not curbed and corrected, sudden activity can even result in a heart attack because so much of the body is compromised.
- The problems mentioned above can easily affect the brain and memory and cause many problems for students. Learning becomes harder and what is learnt through major effort is easily forgotten, and thus the person shies away from any cognitive exertion.
- Premature ejaculation and erectile dysfunction cause difficulties in married life, and partners thus become dissatisfied.